

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Vitamin B-6 (mg)

Food Groups: Vegetables and Vegetable Products
Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: October 24, 2015 03:36 EDT

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	1.774
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	1.722
11215	Garlic, raw	136.0	1.0 cup	1.680
11413	Potato flour	160.0	1.0 cup	1.230
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	1.058
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	0.861
11683	Carrot, dehydrated	74.0	1.0 cup	0.770
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.736
11432	Radishes, oriental, dried	116.0	1.0 cup	0.717
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	0.695
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	0.695
11349	Poi	240.0	1.0 cup	0.655
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	0.654
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.634
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	0.631
11978	Peppers, ancho, dried	17.0	1.0 pepper	0.601
11514	Sweet potato, canned, mashed	255.0	1.0 cup	0.599
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	0.572
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	0.541
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0.541
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	0.530
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.519
11655	Carrot juice, canned	236.0	1.0 cup	0.512
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0.496
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.496
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.487
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0.485
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	0.485

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	0.472
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.466
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0.466
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0.460
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.449
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	0.448
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	0.448
11976	Pepper, banana, raw	124.0	1.0 cup	0.443
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	0.441
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	0.441
11601	Yam, raw	150.0	1.0 cup, cubes	0.439
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.437
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0.437
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	0.436
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	0.436
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	0.436
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	0.436
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0.434
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	0.432
11426	Pumpkin pie mix, canned	270.0	1.0 cup	0.429
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.427
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.427
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	0.426
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	0.426
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	0.413
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	0.411
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	0.409
11667	Seaweed, spirulina, dried	112.0	1.0 cup	0.408
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	0.398
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	0.398
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0.390
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0.390
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	0.386
43144	Cabbage, mustard, salted	128.0	1.0 cup	0.384
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	0.378
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	0.377

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.370
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.370
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.370
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.370
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	0.368
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.362
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	0.360
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	0.356
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	0.356
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	0.356
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.354
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.353
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0.353
11414	Potato salad, home-prepared	250.0	1.0 cup	0.352
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	0.351
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0.349
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.349
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0.346
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	0.346
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0.345
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	0.342
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	0.340
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	0.339
11376	Potatoes, canned, drained solids	180.0	1.0 cup	0.338
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.336
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.334
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0.330
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0.330
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0.328
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0.328
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	0.327
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0.327
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.326
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	0.326
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	0.320
11118	Cabbage, kimchi	150.0	1.0 cup	0.320

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11697	Arrowroot, raw	120.0	1.0 cup, sliced	0.319
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0.318
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	0.318
11656	Corn pudding, home prepared	250.0	1.0 cup	0.318
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0.315
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0.315
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0.315
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.315
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.313
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.313
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	0.312
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	0.312
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.310
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.310
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.303
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0.303
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	0.300
11982	Peppers, pasilla, dried	7.0	1.0 pepper	0.296
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.295
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.295
11518	Taro, raw	104.0	1.0 cup, sliced	0.294
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	0.294
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	0.294
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0.294
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0.287
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0.287
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	0.285
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	0.285
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0.283
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.282
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.282
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0.278
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	0.278
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.278
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.271
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0.271

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0.268
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0.266
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	0.266
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0.266
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	0.262
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.259
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0.259
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	0.259
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0.258
11141	Celeriac, raw	156.0	1.0 cup	0.257
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.257
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	0.255
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0.254
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	0.254
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0.254
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0.254
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	0.252
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	0.250
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	0.249
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	0.249
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0.249
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	0.249
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	0.248
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.246
11304	Peas, green, raw	145.0	1.0 cup	0.245
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	0.243
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	0.243
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.243
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.243
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0.242
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	0.240
11549	Tomato products, canned, sauce	245.0	1.0 cup	0.240
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	0.239
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.239
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	0.234
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	0.234

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	0.234
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.233
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0.233
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.233
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.231
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.231
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	0.230
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	0.230
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0.230
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	0.229
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.228
11230	Pepeao, dried	24.0	1.0 cup	0.228
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.228
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0.225
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	0.224
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0.224
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.223
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	0.223
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	0.223
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	0.222
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0.222
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	0.220
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	0.220
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	0.220
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0.218
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0.216
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0.216
11278	Okra, raw	100.0	1.0 cup	0.215
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	0.214
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.213
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.213
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	0.212
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	0.212
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	0.211
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	0.211
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.210

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.210
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0.209
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0.207
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0.207
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0.207
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0.207
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	0.207
11122	Cardoon, raw	178.0	1.0 cup, shredded	0.206
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.206
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0.204
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	0.203
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.203
11241	Kohlrabi, raw	135.0	1.0 cup	0.202
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.202
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	0.202
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	0.199
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.198
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.197
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	0.194
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	0.194
11098	Brussels sprouts, raw	88.0	1.0 cup	0.193
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.192
11282	Onions, raw	160.0	1.0 cup, chopped	0.192
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	0.192
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	0.191
43146	Eggplant, pickled	136.0	1.0 cup	0.190
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0.190
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	0.190
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.190
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0.190
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.190
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	0.190
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	0.190
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.189
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.189
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	0.189

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.187
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	0.187
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0.187
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.186
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0.185
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0.185
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.184
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.184
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	0.183
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	0.183
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	0.182
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	0.182
11693	Tomatoes, crushed, canned	121.0	0.5 cup	0.182
11134	Cassava, raw	206.0	1.0 cup	0.181
11741	Broccoli, stalks, raw	114.0	1.0 stalk	0.181
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0.181
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.181
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.181
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	0.180
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.180
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.180
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.179
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.179
11955	Tomatoes, sun-dried	54.0	1.0 cup	0.179
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.179
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.178
11124	Carrots, raw	128.0	1.0 cup chopped	0.177
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.176
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	0.176
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	0.176
11618	Eppaw, raw	100.0	1.0 cup	0.176
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.175
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.175
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	0.173
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	0.170
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	0.170

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.170
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	0.170
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.169
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	0.168
11231	Jute, potherb, raw	28.0	1.0 cup	0.168
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	0.168
11980	Peppers, chili, green, canned	139.0	1.0 cup	0.167
11450	Soybeans, green, raw	256.0	1.0 cup	0.166
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	0.166
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0.166
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	0.166
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0.164
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.164
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.163
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.163
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.163
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	0.163
11616	Dock, raw	133.0	1.0 cup, chopped	0.162
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	0.162
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	0.162
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.161
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.161
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.161
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.161
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.161
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.161
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0.161
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.161
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	0.161
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.161
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	0.160
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	0.160
11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.159
11090	Broccoli, raw	91.0	1.0 cup chopped	0.159
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.158
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.158

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0.158
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	0.157
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	0.157
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.157
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.157
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.157
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	0.157
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	0.157
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0.156
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0.156
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0.156
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	0.156
11212	Edamame, frozen, prepared	155.0	1.0 cup	0.155
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.155
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0.154
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0.153
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0.153
11190	Cornsalad, raw	56.0	1.0 cup	0.153
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.152
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	0.152
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	0.150
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	0.150
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0.150
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0.150
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	0.149
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	0.149
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	0.148
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0.148
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.148
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.148
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.148
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	0.147
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.147
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.147
11248	Lentils, sprouted, raw	77.0	1.0 cup	0.146
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	0.146

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11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	0.146
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.146
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.146
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.146
11527	Tomatoes, green, raw	180.0	1.0 cup	0.146
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	0.146
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	0.145
11525	Taro, tahitian, raw	125.0	1.0 cup slices	0.145
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.145
11154	Chicory roots, raw	60.0	1.0 root	0.145
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.144
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	0.144
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	0.143
11965	Cauliflower, green, raw	64.0	1.0 cup	0.142
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0.142
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0.141
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.140
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.140
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	0.140
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.140
11435	Rutabagas, raw	140.0	1.0 cup, cubes	0.140
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.140
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0.139
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0.139
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	0.138
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.138
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.138
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0.137
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	0.137
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	0.137
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0.137
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	0.136
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.136
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.135
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.135
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	0.135

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.135
11658	Spinach souffle	136.0	1.0 cup	0.133
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0.133
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	0.132
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	0.132
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.132
11973	Beans, fava, in pod, raw	126.0	1.0 cup	0.131
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.131
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0.131
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.130
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.130
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0.129
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0.129
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.129
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.129
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0.129
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	0.128
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.128
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.127
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.127
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	0.127
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.125
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	0.125
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0.124
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.124
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.124
11203	Cress, garden, raw	50.0	1.0 cup	0.124
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.123
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.123
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	0.122
11011	Asparagus, raw	134.0	1.0 cup	0.122
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.122
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0.122
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	0.122
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	0.122
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	0.120

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11620	Drumstick pods, raw	100.0	1.0 cup slices	0.120
11298	Parsnips, raw	133.0	1.0 cup slices	0.120
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0.120
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	0.120
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0.120
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.120
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0.119
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.119
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	0.118
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	0.118
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0.118
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0.118
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.117
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.117
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.117
11564	Turnips, raw	130.0	1.0 cup, cubes	0.117
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	0.117
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	0.117
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	0.117
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	0.116
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.116
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	0.116
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0.116
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	0.116
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	0.116
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.116
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	0.114
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.114
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.113
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.113
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	0.113
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	0.112
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.112
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.112
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.112
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.112

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0.111
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.111
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.110
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.110
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.109
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0.109
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	0.109
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	0.108
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	0.108
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	0.108
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	0.108
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	0.108
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0.107
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0.107
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	0.107
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0.107
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.107
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	0.106
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	0.105
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.105
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.105
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0.105
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.105
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	0.104
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	0.104
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	0.103
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	0.102
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	0.102
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.102
11270	Mustard greens, raw	56.0	1.0 cup, chopped	0.101
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0.100
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0.100
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0.100
11964	Nopales, cooked, without salt	149.0	1.0 cup	0.100
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	0.099
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.099

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0.099
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.099
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0.098
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	0.097
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	0.097
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	0.097
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	0.096
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.096
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.096
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.095
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	0.095
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.095
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	0.095
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	0.095
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.095
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0.092
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	0.091
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	0.091
11080	Beets, raw	136.0	1.0 cup	0.091
11362	Potatoes, raw, skin	38.0	1.0 skin	0.091
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0.090
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.090
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	0.090
11106	Butterbur, (fuki), raw	94.0	1.0 cup	0.090
11240	Mushrooms, morel, raw	66.0	1.0 cup	0.090
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	0.090
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.089
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.088
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0.088
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	0.087
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	0.087
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.086
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.085
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.085
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.085
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.084

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.084
11429	Radishes, raw	116.0	1.0 cup slices	0.082
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.082
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	0.081
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	0.081
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0.081
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	0.081
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	0.081
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0.081
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.081
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.081
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.081
11418	Pumpkin leaves, raw	39.0	1.0 cup	0.081
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0.081
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0.081
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.080
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	0.080
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.080
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	0.079
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	0.079
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	0.078
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	0.077
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.076
11613	Borage, raw	89.0	1.0 cup (1" pieces)	0.075
11143	Celery, raw	101.0	1.0 cup chopped	0.075
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	0.074
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.073
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	0.073
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	0.073
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	0.073
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.072
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0.072
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	0.072
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	0.072
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.071
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.071

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.071
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0.071
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	0.071
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	0.070
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0.070
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0.070
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0.070
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	0.070
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.070
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.070
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.069
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	0.069
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.068
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.068
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0.067
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0.067
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	0.067
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	0.067
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.067
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0.067
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	0.066
11005	Arrowhead, raw	25.0	1.0 large	0.065
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	0.064
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	0.064
11969	Broccoli, chinese, cooked	88.0	1.0 cup	0.062
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	0.062
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0.061
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.061
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.061
11963	Nopales, raw	86.0	1.0 cup, sliced	0.060
11161	Collards, raw	36.0	1.0 cup, chopped	0.059
11457	Spinach, raw	30.0	1.0 cup	0.058
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	0.058
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.057
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	0.057
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0.057

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0.057
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.056
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0.056
11974	Grape leaves, raw	14.0	1.0 cup	0.056
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	0.056
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.056
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.056
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.056
11928	Tree fern, cooked, with salt	31.0	1.0 frond (6-1/2" long)	0.055
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	0.055
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	0.055
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.055
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	0.055
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0.054
11297	Parsley, fresh	60.0	1.0 cup chopped	0.054
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	0.054
11003	Amaranth leaves, raw	28.0	1.0 cup	0.054
11972	Lemon grass (citronella), raw	67.0	1.0 cup	0.054
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.053
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.053
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.052
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.051
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	0.051
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	0.051
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	0.051
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	0.051
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0.051
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.050
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	0.050
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	0.050
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.050
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.050
11522	Taro shoots, raw	43.0	0.5 cup slices	0.048
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.048
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0.047
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	0.046

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.046
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.045
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	0.045
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.045
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	0.044
11591	Watercress, raw	34.0	1.0 cup, chopped	0.044
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	0.043
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.043
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	0.043
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	0.041
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.041
11108	Butterbur, canned	124.0	1.0 cup, chopped	0.041
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	0.041
11520	Taro leaves, raw	28.0	1.0 cup	0.041
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	0.041
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.040
11970	Cabbage, napa, cooked	109.0	1.0 cup	0.040
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.040
11086	Beet greens, raw	38.0	1.0 cup	0.040
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.040
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.040
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	0.040
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.040
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.039
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0.039
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.038
11986	Malabar spinach, cooked	44.0	1.0 cup	0.038
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0.038
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0.037
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0.037
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.036
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.036
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0.036
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0.036
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0.036
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	0.036

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11147	Chard, swiss, raw	36.0	1.0 cup	0.036
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.035
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.035
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.034
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0.034
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.034
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	0.034
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0.033
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0.033
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.032
11022	Balsam-pear (bitter gourd), leafy tips, raw	4.0	1.0 leaf	0.032
11961	Hearts of palm, canned	146.0	1.0 cup	0.032
11427	Purslane, raw	43.0	1.0 cup	0.031
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	0.031
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0.030
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.030
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.028
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.028
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.027
11935	Catsup	17.0	1.0 tbsp	0.027
11949	Catsup, low sodium	17.0	1.0 tbsp	0.027
11943	Pimento, canned	12.0	1.0 tbsp	0.026
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	0.025
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	0.025
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	0.025
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	0.025
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	0.025
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	0.024
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0.024
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	0.024
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.023
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	0.023
11952	Radicchio, raw	40.0	1.0 cup, shredded	0.023
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.023
11151	Chicory, witloof, raw	53.0	1.0 head	0.022
11199	Yardlong bean, raw	91.0	1.0 cup slices	0.022

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	0.021
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.021
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0.020
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	0.020
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0.019
11954	Tomatillos, raw	34.0	1.0 medium	0.019
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	0.019
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.019
11960	Carrots, baby, raw	15.0	1.0 large	0.016
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.015
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.015
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.015
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.014
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.013
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.012
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.012
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0.012
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0.011
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.010
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.010
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0.009
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.009
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.009
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.008
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0.007
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	0.006
11625	Parsley, freeze-dried	0.4	1.0 tbsp	0.006
11975	Grape leaves, canned	4.0	1.0 leaf	0.005
11292	Onions, young green, tops only	6.0	1.0 tbsp	0.005
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.005
11213	Endive, raw	25.0	0.5 cup, chopped	0.005
11156	Chives, raw	3.0	1.0 tbsp chopped	0.004
11145	Celtuce, raw	8.0	1.0 leaf	0.004
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.004
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0.003
11216	Ginger root, raw	2.0	1.0 tsp	0.003

NDB_No	Description	Weight(g)	Measure	Vitamin B-6(mg) Per Measure
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.002
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.002
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.002
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.002
11959	Arugula, raw	2.0	1.0 leaf	0.001
11984	Epazote, raw	0.8	1.0 tbsp	0.001
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.001
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.000
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.000
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	243.0	8.0 fl oz	0.000
43406	Yeast extract spread	6.0	1.0 tsp	0.000